


# TRAINING, SPEAKING & FACILITATING

## Proposal for your organization

All the training or facilitation  Coaching offered is personalized to the needs of the attendees. This is arranged in advance through a consultation with the organizer and then additionally on the day in response to the questions and engagement of the attendees.

## Training Modules

*"The training modules are based on researched approaches."*

- Emotional wellbeing in work and life
- Developing and maintaining resilience for living and working to your potential
- Stress management for your personal or professional life
- Wellbeing through effective personal and professional relating
- Taking control of your wellness through your thinking style
- Positive psychology in the work place
- Effective Communication
- Family recovery, overcoming the unhealthy dynamics that entrap you.
- Mental Fitness & Stress Management
- Recovery of Self – Mental Health, Co-dependency & Addiction
- Relationships (Professional, Management & Team Work)
- Mental & Emotional Wellbeing
- Authentic Leadership

## The Benefits

*"The benefits of this approach are applicable and effective."*

- Attendees actively engage with the process during training and facilitation
- The material relates back to the realities of their personal and professional lives
- The information shared is actionable and can be applied to their personal and professional lives
- Deeper insight into how one operates is created which impacts Emotional Intelligence in a positive way
- The attendees attain a mutual understanding of a process and so it can be adapted into staff culture more readily
- Sile's speaking style is friendly and personable encouraging participants to ask questions and get involved.
- Sile uses innovative techniques to engage the audience and encourages discussion.
- Sile responds to the needs of the attendees live in session and also post session via email.



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## Sile's Profile

*"Sile loves facilitating and training, supporting people being at their best in life and work."*

Sile is a passionate coach, author, facilitator and speaker. Using authenticity as a core value when working with individual's or organizations. Sile is qualified in coaching psychology through UCC and works under the guidelines of the Association of Coaching Ireland. Sile has also undergone professional training in a number of psychological and organizational forms. [Find out more about Sile here.](#)

Sile has extensive experience facilitating, training and speaking to groups within a number of sectors including; the charity sector, business sector, social sector, health sector and educational sector at a local, national and international level. Sile's training style is casual, enthusiastic, realistic and actionable.

Sile is currently based in Cork and welcomes speaking opportunities nationally and internationally. Sile values an authentic approach and will happily create individually tailored programs to meet the needs of your organization.

Some organizations Sile has worked/works with:



Some of the media Sile has been interviewed or written for:

